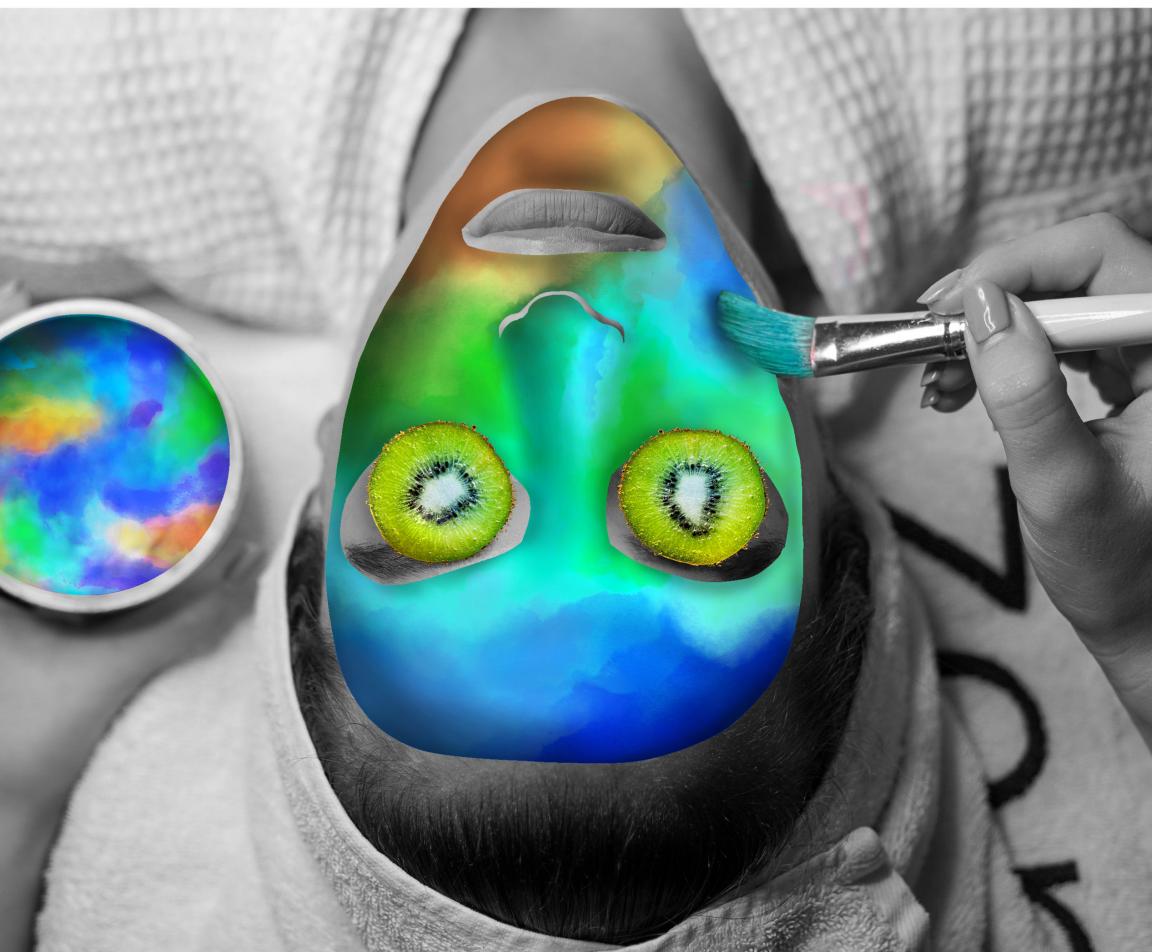


# WITH INTENSIONS



vol.32

REST & RELAXATION





WITH INTENSIONS



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August 2022

vol. 32

REST AND  
RELAXATION

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We at Withintensions want to acknowledge that our work takes place on the unceded territories of the Skwxwú7mesh (Squamish), xwməθkwəyəm (Musqueam), and Səl̓ílwətaɬ (Tsleil-Waututh) peoples. We want to recognize that these lands belong to the Indigenous peoples who have lived here far before the arrival of settlers. We also want to push beyond land acknowledgements to further encourage acts of reconciliation. Recognition is great but it is nowhere near where we need to be. Reconciliation is comprehensive and takes more than an acknowledgment for occupying land. We always support marginalised peoples right to protest.



Francisco Berlanga

As artists, we all have day jobs, side projects, passion pieces, and networking or connecting that keeps us going all day everyday. Sometimes, we get so caught up in the hustle and bustle of our everyday lives that we forget to relax. This month we wanted to leave behind the regular format in order to give you all the chance to submit a snapshot where you have found rest or relaxation in the summer months. No writing, no planning, just a simple moment where we have all enjoyed a bit of rest and relaxation.

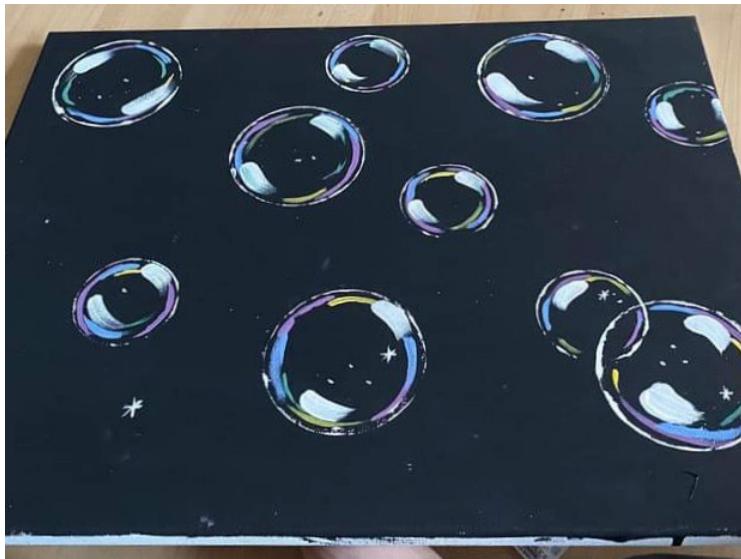
Yours truly,  
Withintensions



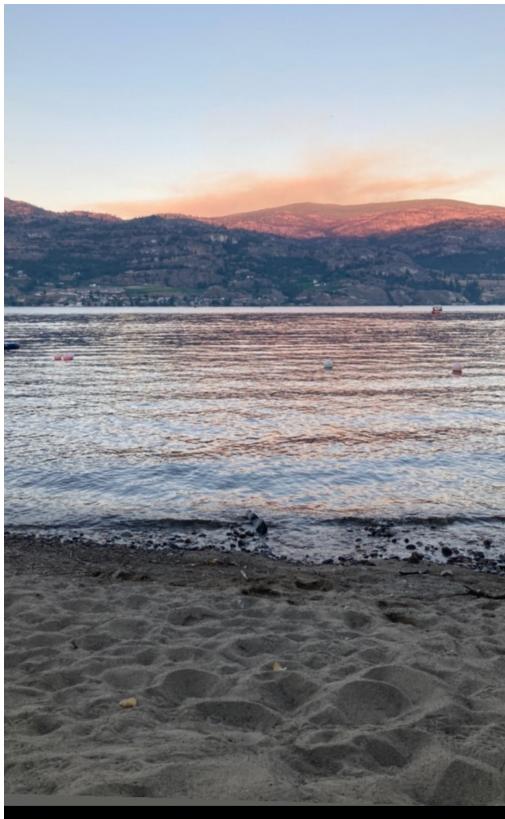
Victoria Mulja



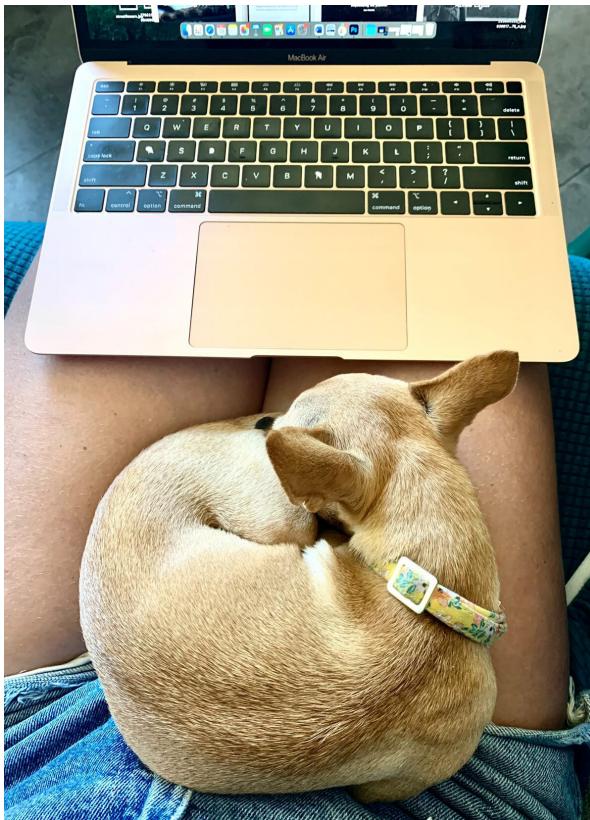
Joey Zaurrini



Mommy Needs A Minute



Sophie Vandenbiggelaar



M-A Murphy



Opal Mclean



K.W. Miller



Natalie Chan



## Meet the Team

We write with intention & dwell within tensions. We are artists who have been left without an aim for how to continue engaging with art in the absence of institution. Our goal is to provide a place where we can write about new ideas, old ideas, and bad ideas. We are by no means professional writers, we inhabit a place between the seriousness of academic writing and the frivolity of passing thought. We will often succumb to cliches and trends as they pass us as we all often must.

We hope to present unique thoughts for you to consider. Our writing speaks for no one but ourselves. We do not reduce the similar experiences of others to what we have experienced. We invite you to critically engage with the content, to challenge and be challenged, to test the tensions in question.



Francisco  
Berlanga

Francisco Berlanga is a contemporary artist who studied at Simon Fraser University. He obtained his BFA in Visual Arts with a minor in Interactive Arts and Technology. His practice is based on questioning identity, particularly his connection with his own Mexican culture and how one can inhabit a culture while being partially absent from it. He engages in discourses with his own identity through the creation of traditional Mexican "manualidades" or crafts, his work makes connections between traditional Mexican aesthetics and contemporary visual language. His practice engages with concepts of inaccessibility and the role memory and language can play when someone is distanced from their own culture. He attempts to bridge the gaps between his personal and cultural identities by forcing connections between them and by trying to understand the limitations that these identities impose upon each other.



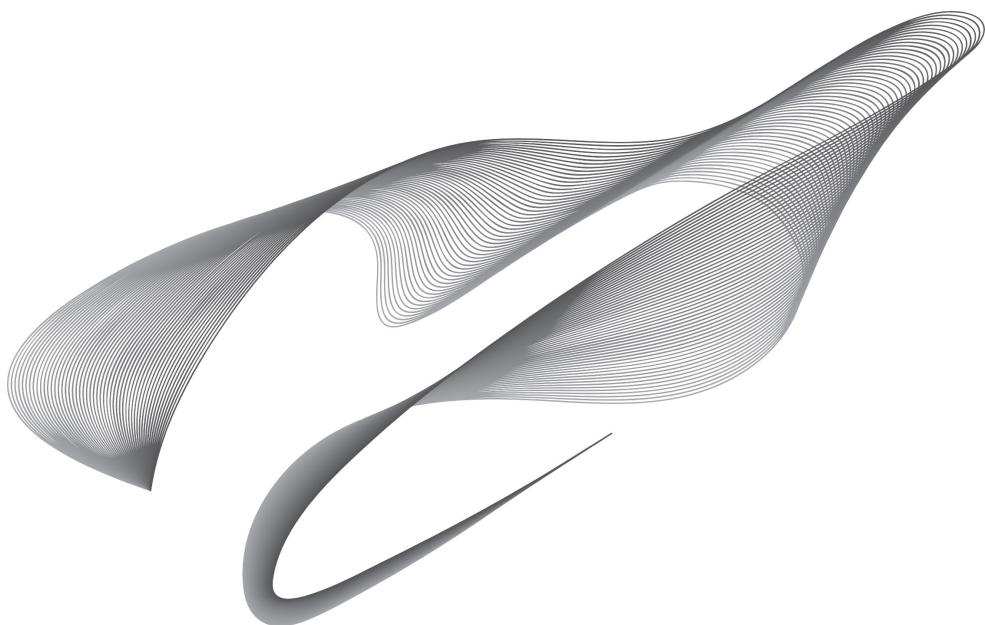
Natalie  
Chan

Natalie Chan recently completed her BFA in Visual Arts at Simon Fraser University. Her practice often focuses on the relational aspects of people & places, as well as the inner turmoils & complexities of the human condition. In the creation of her works, she aims to highlight the ideas of reflection, healing, and reconciliation as tangible possibilities in each encounter. Her latest interests include learning how to tattoo, in understanding both the technical skills & intimate relation between artist and the livelihood of their canvas.



Opal  
Mclean

Mclean is best described as the “selfish artist” meaning her practice entirely revolves around herself. Her work often relates back to a mental psyche that cannot be described by words alone. Instead, it can be described by an action. A reference to a state of being or a performance that lends to the way her brain functions. This manifestation and documentation of different processes becomes her tool to relate to the outside world. Her own existence comes into question in a way that so many experience in their own daily life. This experience becomes a social, cultural, and political connection to her projects. Her work becomes both alienating but connecting in a shared experience that translates through different media.



## Acknowledgements

We put out new issues every month with a different topic.

We are always looking for submissions and opportunities to collaborate so check out our social medias.

on instagram:  
@withintensions

or email us at:  
within.tensions@gmail.com

If you want more information, feel free to contact us.

Our next issue will be on the topic of “Horizon” and submissions are now open.

See you next month!

Withintensions would not have been possible without the works of Francisco Berlanga, Natalie Chan, Opal Mclean, K.W. Miller, Mommy Needs A Minute, Victoria Mulja, M-A Murphy, Sophie Vandenbiggelaar, Joey Zaurrini.

We would also like to thank Francisco Berlanga for his design and social media contributions, Natalie Chan for her assistance in coordinating and Opal Mclean for her editorial work.

We are excited to share our future works with you and we hope to provide more opportunities for artists alike.

